



NEW!

A 7-VIDEO SERIES

**parent chat
with sister pat**

Foster self-esteem, self-discipline,
resilience, self-reliance, and
ethical character.

featuring
Dr. Patricia M. McCormack, I.H.M., Ed.D.

Parenting Education

Parent Chat with Sister Pat provides parents with practical support in the whole-person formation of their children. A parent survival guide of sorts, this series empowers parents to foster self-esteem, self-discipline, resilience, self-reliance, and ethical character within children. Additionally, it illustrates learnable parent-skills that make a house a home. Each episode blends Catholic spirituality with psychology and the wisdom that was gathered from parents and children.



Dates: First Sunday of the Month
October through April

Times: 10:30 AM to 12:00 PM

Location: Diocesan Pastoral Center



Parent Chat 1:
Building Blocks of Self-Esteem (Part 1)

Guiding the lifelong process of soul formation is the primary responsibility of parents. Parents contribute vitally to the soul formation of a child when they communicate genuine affection and foster lifelong development of security, autonomy, initiative and industry. This session focuses on the elements of security and autonomy.

Date: Sunday, October 8, 2023
Time: 10:30 to 12:00 PM
Location: Diocesan Pastoral Center

Parent Chat 2:
Building Blocks of Self-Esteem (Part 2)

Jesus said that he came to bring life to the full! "Fullness" includes positive self-esteem. It evolves from a home culture based on steady practices of security, autonomy, initiative, and industry. Positive identity leads to self-control, character, and satisfying resolutions of life issues. This session features the elements of initiative and industry.

Date: Sunday, November 5, 2023
Time: 10:30 to 12:00 PM
Location: Diocesan Pastoral Center

Parent Chat 3
Self-Reliant & Resilient Children

A self-reliant, resilient character is not the result of a birthday. It is the by-product of daily life practices that nurture autonomy, personal responsibility and initiative on a consistent basis. When parents apply these practices with consistency, repetition and continuity then resilience, self-reliance, and positive self-esteem evolve as by-products.

Date: Sunday, December 3, 2023
Time: 10:30 to 12:00 PM
Location: Diocesan Pastoral Center

Parent Chat 4:
Parent Authority Style for Effective Self-Discipline

"An ounce of prevention is worth a pound of cure," said Benjamin Franklin. Authority style can be a help or an obstacle to effective parenting. Giving orders, giving in, and giving choices are three common styles of authority but only one is effective for raising a self-disciplined child. The good news is that it is a learnable skill! This session explains characteristics and the predictable results of each authority style. It also illustrates parenting tools to establish a family mindset of life-giving versus life-blocking choices.

Date: Sunday, January 7, 2024
Time: 10:30 to 12:00 PM
Location: Diocesan Pastoral Center

Parent Chat 5:
**Connecting the Dots between
Personal Need, Behavior, and Self-Esteem**

Parents lead children to develop self-discipline by understanding the basic needs that motivate children; identifying how to avert misbehavior; knowing how to "read" the danger signs; determining responses that lead to conversion and re-connection; and exercising a pro-active style of authority. These dynamics of self-discipline are learnable skills and the focus of this video.

Date: Sunday, February 4, 2024
Time: 10:30 to 12:00 PM
Location: Diocesan Pastoral Center

Parent Chat 6:
A Home Climate for Character Development

Character is both taught and caught in a home that is characterized by respect, reverence, and openness. God entrusts parents with the duty and the grace to bring their children to Jesus and to prepare them for life-success. Character thrives in a family culture that integrates these four elements: (1) effective communication, (2) applying consequences rather than punishment or rewards, (3) developing a family code, and (4) expressing encouragement rather than praise.

Date: Sunday, March 3, 2024
Time: 10:30 to 12:00 PM
Location: Diocesan Pastoral Center

Parent Chat 7:
Raising Children of Ethical Character

"Children learn what they live!" Home is the primary place for parents to instill an ethical/moral mindset through all ages and stages of child development. This session (1) defines core components of character; (2) applies to family life the Micah-challenge "to act justly, to love, mercy and to walk humbly with God" (Micah 6:8); and (3) suggests ten parent practices that mentor a social justice mindset. Practices for developing moral character are learnable skills and the focus of this video.

Date: Sunday, April 7, 2024
Time: 10:30 to 12:00 PM
Location: Diocesan Pastoral Center

